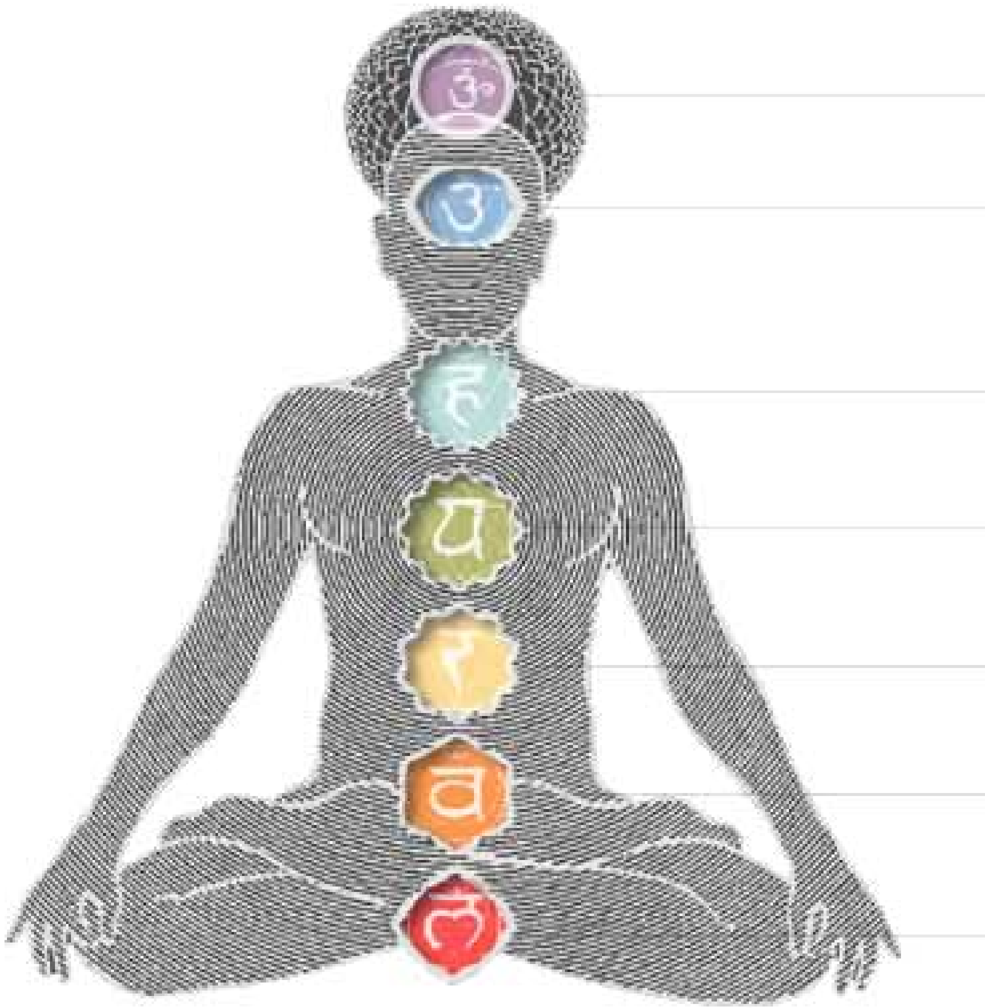
Crystals and Gemstones

Secrets of Crystals & Gemstones



Welcome to

The Secrets of Crystals and Gemstones

Best viewed whilst connected to the internet

A-Z of the most popular Crystals & Gems
Ancient & modern properties
Healing properties of Crystals & Gems
How to choose your Crystals & Gems
How to care for your Crystals & Gems
Chakra Crystals & Gems
Astrological & Zodiac Crystals & Gems
The secret life of Crystals
And much, much, more!

(Please feel free to share this ebook with your friends or to re-sell for a profit).

Before we get in to the Crystals and Gemstones there's something else I'd like to mention.

Because you're reading this then I assume that you probably already have a belief in the metaphysical powers of the Universe so I'd like to introduce you to something amazing.

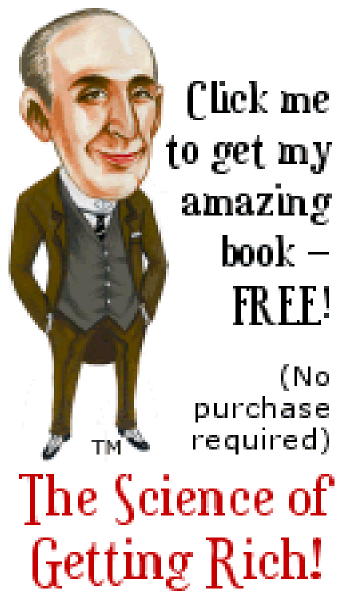
What if I told you that there's a way that you can achieve anything you desire-- by using the power of your computer for just 10 minutes a day?

Follow this link and I will introduce you to an advanced technology that enables you to manifest everything you desire through the results-amplifying use of computerization. This information is not available anywhere else on the Web -- or the world, for that matter. So I urge you to read every word in the article because the secret that can single-handedly turn your desires into reality is hidden in the web page -- and I don't want you to miss it.

Once you see your desired reality manifesting before your very eyes, you'll never want to go back to letting life JUST happen. Allowing life to control

you is a powerless scenario that you wouldn't want for yourself, would you? So instead of just letting yourself get tossed by the uncertainty of circumstances, take control of your life and your destiny.

"Science is finally entering the Spiritual Age. You can design and create the life you have always wanted." -- Dr. Donald Schnell, Leading Authority of Spiritual disciplines, and Author of The Initiation.



I hope both of those links were valuable to you - they certainly have been to me but now it's time to move on to Crystals and Gemstones!

Please use the Buy Now Buttons in this ebook, visit My eBay Store or use the Fantastic Links and Recommended Reading to purchase additional Astrology, Crystal & Gemstone Products.

ABALONE - Confidence, Spirituality, Heart, Muscles, Digestion

ACTINOLITE - Responsibility, Industry, Inflammations, Liver

AGATE - Competition, Eloquence, Fevers, Gums, Circulation. Particularly good for athletes.

AGATE BLUELACE - Composure, Growth, Infections, Inflammations, Fevers. When worn this stone invokes calmness, removing anger and irritation.

AGATE BOTSWANA - Understanding, Recovery, Toxins, Recuperation, Heart

AGATE DENDRITIC - Energy, Balance, Recuperation, Vitality

AGATE MOSS - Renewal, Assertiveness, Heart, Lungs, Skin

AGATE TREE - Coordination, Management, Chest, Stomach

ALEXANDRITE - Growth, Investment, Nerves, Luck, Joy

ALMANDINE - Affection, Inspiration, Heart, Eyes

AMAZONITE - Clarity, Insight, Nerves, Emotions, Growth, Joy, Success, Self-Expression. A great stone for students as it assists clarity or thought & insight.

AMBER - Career, Accomplishment, Chest, Depression, Uplifting, Optimism, Relief from Worry & Stress. This stone is said to carry the warmth of the sun. Like honey it is disinfectant, antiseptic & protective



AMETHYST - Moderation, Devotion, Insomnia, Addictions, Neuralgia, Acne, Peace, Tranquillity, Happiness, Purification, Healing. Softens negative feelings & also reduces electrical

energies so is great for placing near your computer, TV or any other electrical appliances. Aids sleep & headaches. The colour contains the passion, truth & love of Christ.

AMETRINE - Resolution, Teaching, Teeth, Metabolism

ANDALUSITE - Moderation, Enlightenment, Memory, Sight

ANGELITE - Bravery, Fortune, Headaches, Infections, Balancing Emotions, Communication, Overcoming Challenges. Protects against worries.



ANHYDRITE - Coordination, Concentration, Lungs, Chest

ANTIMOANY - Intellect, Progress, Colds, Flu, Swellings

APATITE - Emotions, Business, Speech, Bones

APOPHYLLITE - Tranquillity, Honesty, Respiration, Skin

AQUA AURA - Influence, Arts, Dexterity, Throat, Healing

AQUAMARINE - Insight, Love, Growth, Allergies, Calms Nerves, Detox, Self-Expression, Peace, Purification. This stone is said to help you speak the truth.

ARAGONITE - Energy, Activity, Bones, Digestion

ASTROPHYLLITE - Confidence, Insight, Recovery, Reproductive, Intellect

AUGELITE - Contemplation, Justice, Muscles, Digestion

AVENTURINE - Development, Judgement, Eyes, Migraine, Tension, Insomnia, Prosperity. Stimulates healthy growth and assists the development of mental abilities.

AZURITE - Meditation, Spirituality, Suppleness, Liver, Divination, Concentration.

BARITE - Decisiveness, Writing, Muscles

BERYL - Determination, Stability, Nerves, Stress, Energy. It is said that this stone brings those that are on a sea journey safely home. Adds potency to love spells & increases energy levels.

BLOODSTONE - Kindness, Circulation, Strength, Courage, Nature, Blood Toxins, Depression, Spine, Wealth, Confidence. Bloodstone is a variety of Jasper & is primarily associated with the bloodstream & is good for regulating a woman's monthly cycle.

BLUE JOHN - Strength, Renewal, Vigour, Health

BLUE CORAL - Balances, Blocks Negativity. Helps to stop worrying.

BOWENITE - Intelligence, Leisure, Head, Scalp, Tension

BRAZILLIANITE - Sociability, Relationships, Nerves, Skin

CALCITE - Comfort, Inspiration, Cleansing, Bladder, Pancreas, Toxins. Provides comfort & refreshes the system when in emotional crises. Pink/Clear Calcite is especially good for

bringing calmness & balance.

CARNELIAN - Passion, Focus, Arthritis, Rheumatism, Neuralgia, Cuts. Can also enhance sexual energy, assist motivation & benefit the bloodstream. Also, alleviates jealousy.

CASSITERITE - Endurance, Contentment, Cuts, Bruises, Menopause.

CATS EYE - Insight, Security, Headaches, Fingers

CELESTITE - Relaxation, Sympathy, Travel Sickness, Nerves, Stress. Use this stone for a soothing energy. Brilliant for meditation. A great stone if you're prone to unnecessary worrying.

CERRUSITE - Confidence, Communication, Antivirus, Insomnia, Nerves.

CHALCEDONY - Stamina, Tiredness, Depression, Circulation. A great stone for opening new horizons.

CHALCOPYRIE -Perception, Restoration, Lungs, Hair.

CHAROITE - Assertiveness, Inspiration, Nerves, Cramps

CHIASTOLITE - Stability, Rheumatism, Veins

CHRYSOCOLLA - Expression, Awareness, Heart, Stomach, Blood.

CHRYSOPRASE - Passion, Renewal, Fertility, Ardour, Genitals. Adds fire to physical love! Intensifies friendship, brings prosperity & good luck. Beneficial as a healer.

CHRYSOTILE - Partnerships, Generosity, Veins, Arteries, Skin, Lungs

CINNABAR - Stability, Independence, Appetite, Heart

CITRINE - Renewal, Cleansing, Skin, Diabetes, Circulation. This stone is full of positive influences so is great for helping with anxieties & depression. Also increases psychic power, protects & brings sweet dreams. Opens the door between intuition & logic.



COLEMANITE - Loyalty, Lungs, Muscles

COPPER - Vitality, Purification, Blood, Muscles, Joints. Can amplify the thoughts & feelings.

CORAL - Integrity, Travel, Chest, Creativity

CORUNDUM - Awareness, Confidence, Skin, Eyes

COVELLITE - Communication, Renewal, Ears, Nose, Mouth

CROCOITE - Industry, Sex Organs

CRUPITE - Awareness, Teaching, Circulation, Bladder

DANBURITE - Sociability, Confidence, Muscles

DESERT ROSE - Perception, Commerce, Stress, Recuperation

DIAMOND - Prosperity, Business, Wellbeing, Senses, Bravery, Strength

DIOPSIDE - Love, Commitment, Heart, Lungs, Circulation, Trauma

DIOPTASE - Meditation, Partnerships, Stress, Headaches

DOLOMITE - Optimism, Sports, Limbs, Blood

DUMORTIERITE - Patience, Skin, Sickness

EILAT STONE - Spirituality, Balance, Vitality, Wellbeing

EMERALD - Intellect, Prosperity, Headaches, Infections, Thyroid, Skin. Opens the Heart Chakra. The "Jewel of Venus" reveals the truth of a lover's promise & breaks if they're false! Helps to develop clairvoyance.

EUDIALITE - Management, Recovery, Sex Organs, Recovery

FLINT - Abstinence, Science, Cleansing

FLUORITE - Caring, Bones, Teeth, Inflammations. A great stone for those in a caring profession such as nursing or healing. Develops spiritual awareness. Brings people together. Grounds excess energy.

FOSSILISED WOOD - Nature, Stability, Nerves, Sharing

FRANKLINIITE - Imagination, Security, Eyes, Hair

FUCHSITE - Productivity, Teamwork, Arteries

GALENA - Dedication, Insomnia

GARNET - Charm, Creativity, Anaemia, Infections, Insomnia. Worn to attract lovers & used by travellers as an amulet. Also has the ability to open the Crown Chakra. Often included in statues of Isis.

GEODE - Fertility, dreams, intensify psychic ability

GOETHITE - Perseverance, Competing, Nerves

GOLD - Generosity, Partnerships, Confidence

GOLDSTONE - Optimism, Development, Stomach, Tension

GRANITE - Stability, Determination, Skin, Hearing

GRAPHITE - Assertiveness, Achievement, Hearing, Spine

HEMATITE - Activity, Stamina, Tiredness, Calming, Travel Stress, Eyes, Blood.

HERKIMER DIAMOND - Stamina, Learning, Energy, Vigour. Special clear quartz that increases the power of other stones, opens the mind & good for dreams

HICKORYITE - Adventure, Flair, Boredom, Negativity, Imagination.

HORNBLENDE - Wisdom, Communication, Balance, Toes, Fingers

HOWLITE - Resilience, Competing, Bones, Teeth

IOLITE - Control, Management, Chest, Addiction

IRNAMITE - Emotions, Judgement, Strains, Muscles

JADE - Benevolence, Providence, Kidneys, Bladder, Digestion, Eyes. Attracts friendship, promotes long life & encourages prosperity. Also used as a travel amulet. Calms the mind & purifies the blood.



JASPER - Attraction, Comfort, Nerves, Blood, Digestion. An excellent energiser.

JET - Sympathy, Healing, Migraine, Negativity

KUNZITE - Vigour, Communication, Balance, Emotions, Skin, Heart. Hiddenite is a variety.



KYANITE - Energy, Finance, Hearing

LABRADORITE - Charisma, Relationships, Arguments, Inhibitions, Feet. Brings out the hidden qualities in the personality. LAPIS LAZULI - Mysticism, Wisdom, Protects Truth, Integrity, Spirituality, Bones, Heart, Eyes. Regarded as a "heavenly" stone. Can enrich both health & wealth.

LARIMAR - Rapport, Meditation, Breathing, Neck

LAVAKITE - Learning, Achievement, Brain, Adaptability

LAZULITE - Purity, Serenity, Sunburn, Teeth

LEPIDOLITE - Restoration, Balance, Nerves, Pessimism, Peace, Insomnia. A relaxing stone

LEUCITE - Clarity, Energy, Nerves, Protection

LODESTONE - Communication, Teamwork, Circulation, Glands

MAGNETITE - Composure, Learning, Heart

MAGNESITE - Enlightenment, Emotions, Fevers, Bones

MALACHITE - Optimism, Recovery, Rheumatism, Asthma, Teeth. Excellent for bringing prosperity to a business. Favoured by gardeners as it makes plants bloom longer. Often used in spells concerning the hearth. Protects & strengthens the Heart Chakra. Clears illusion.

MARBLE - Compassion, Care, Fevers, Renewal

MARCASITE - Ambition, Rapport, circulation, Brain, Eyes

METEORITE - Benevolence, Adventure, Communication, Intuition

MOLDOVITE - Sensitivity, Insight, Hair, Fertility, Renewal

MOOKAITE - Responsibility, Machinery, Stable Health

MOONSTONE - Femininity, Devotion, Dieting, Swellings, PMT. A symbol of female power, attracts lovers, enhances beauty & bestows a long, healthy life. Often used in spells to ensure

safe travel. Associated with the Goddess, Diana.

MORGANITE - Intellect, Commerce, Hearing, Vertigo

MOSS AGATE - Identity, Meditation, Lungs, Glands

MOTHER OF PEARL - Providence, Modelling, Skin, Emotions

MUSCOVITE - Inspiration, Speech, Muscles, Energy

OBSIDIAN - Achievement, Perception, Stomach, Digestion, Stress. An excellent general healer as it helps create positive influences & provides inner tranquillity. Sends negative thoughts away.

ONYX - Harmony, Spirituality, Hearing, Ulcers, Heart. Used in rosaries as it allows peace of mind & general reflection. Said to strengthen one's magic & protect against negative magic.



OPAL - Attraction, Theatre, Chest, Creativity, Beauty, Prosperity, Luck, Power

OPALITE - Invention, Management, Fatigue

PAUA SHELL - Versatility, Humour, Tension, Depression

PEACOCK ORE (Bonita) - Charm, Entertainment, Eyes, Brain

PEARL - Assurance, Painting, Tonic, Headaches, Tension

PERIDOT - Career, Whole body, Metabolism, Intuitive Power, Protector, Wealth

PETRIFIED WOOD - Renewal, Hearing, Cultivation

PHENACITE - Intellect, Insight, Stomach, Limbs

PIETERSITE - Organisation, Objectivity, Respiration, Sleep

PREHNITE - Confidence, Business, Mental Energy, Slimming

PURPURITE - Leadership, Prosperity, Finances, Wounds

PYRITES - Awareness, Honesty, Vitality, Recuperation

QUARTZ CLEAR - Purification, Refinement, General, Vertigo, Dizziness. This is probably the most popular of stones & has been used by healers for centuries. It purifies the air, the body, cleanses the system & mind.



QUARTZ ROSE - Love, Forgiveness, Migraine, Headache, Wounds. This is the stone of peace & is closely associated with Venue. It gives joy & happiness in friendship & love & radiates good rapport. Often used in love spells.

QUARTZ RUTILATED - Passion, Contact, Anxiety

QUARTZ SMOKEY - Vitality, Fortune, Depression, Abdomen, Spine. A good luck talisman for competitors. Its protecting & encouraging, provides energy. Often used in spell casting against negative energies.

QUARTZ SNOW - Relaxation, Serenity, Stress, Nerves, Therapy. A "soft" stone for those seeking calmness. Also called Milky Quartz.

RHODOCHROSITE - Friendship, Love, Insecurity, Balance, Eyes, Solitude. A very comforting stone. Helps balance the Sacrum Chakra

RHODONITE - Communication, Restoration, Recuperation, Hearing, Amnesia.

RHODOLITE - Stability, Resolution, digestion, Glands

RHYOLITE - Stamina, Marketing, Chills, Skin

RUBELLITE - Prosperity, Recovery, Heart, Backache

RUBY - Contentment, Fortune, Circulation, Fevers

SAPPHIRE - Love, Partnership, Sleep, Depression, Protection, Power, Inspiration

SARDONYX - Forgiveness, Care, Neck, Hearing

SATINSPAR - Insight, Calm, Disputes, Anger, Spine.

SCAPOLITE - Achievement, Strength, Veins

SCHALENBLENDE - Fortune, Identity, Muscles, Eyes

SCHEELITE - Awareness, Relationships, Colds, Recovery

SCHORL - Practicality, Balance, Liver, Intestines

SEFTONITE - Relationships, Learning, Circulation

SERPENTINE - Meditation, Enlightenment, Stomach, PMT

SIDERITE - Intellect, Loyalty, Bones, Hands

SILICONE - Activity, Attraction, Vitality, Muscles

SILVER - Perception, Investment, Recovery

SMITHSONITE - Consideration, Harmony, Vitality, Digestion

SOAPSTONE - Loyalty, Cultivation, Back

SODALITE - Meditation, Assertion, Blood Pressure, Sleep, Chest. Gives confidence to those that are shy. Used in spells to relieve stress. Helps one to get a new perspective.

SPESSARTINE - Renewal, Confidence, Vitamin deficiencies

SPHALERITE - Integrity, Career, Nerves, Eyes

SPINEL - Energy, Intellect, Stress, Depression, Skin, Slimming

SPIRIT STONES - Vitality, Awareness, Energy, Cleansing

STAUROLITE - Focus, Personality, Spine, Whole body, Forgetfulness. Represents the four elements, bringing everything together.

STEATITE - Adventure, Communication, Digestion, Tendons

STICHTITE - Loyalty, Creativity, Muscles, Chest

STILBITE - Creativity, Understanding, Toxins, Sensory Organs

SUGILITE - Inspiration, Co-ordination, Headaches, Inflammations, Toxins. Used by healers to draw out pain. Brings peace of mind & aids inner vision.

SULPHUR - Intellect, Protection, Skin, Digestion, Arthritis, Rheumatism

SUNSTONE - Insight, Travel, Eyes, Depression. A wonderful re-energiser & health restorer. Used in spells where sexuality is the subject.

TANZANITE - Vitality, Athletics, Bones, Worries

TALC - Affinity, Modesty, Memory, Study

THULITE - Dexterity, Meditation, Hands, Tendons, Concentration. Brings mind & body together.

TIGER IRON - Clarity, Endurance, Movement, Vigour

TIGERS EYE - Insight, Integrity, Asthma, Limbs. A talisman to overcome deceit.

TOPAZ - Assurance, Legal, Infections, Appetite

TOURMALINE - Confidence, Success, General Healing, Good Fortune. Helpful in opening the Third-eye Chakra. This stone is full of joy.

TURQUENTINE - Consolation, Travel, Limbs

TURQUOISE - Environment, Comfort, Respiration, Recuperation, Throat. Expands friendships & protects the home - left in a room it can purify the atmosphere & spread tranquillity. Strengthens all the Chakras. Used in spells to encourage friendship

ULEXITE - Contentment, Industry, Teeth, Worries

UNAKITE - Stability, Enhancement, Muscles, Back-ache, Feet. Gives strength & stability.



UVAROVITE - Vitality, Joy, Throat

VANADINITE - Sociability, Friendship, Lungs, Stomach

VARISCITE - Meditation, Writing, Growth, Digestion

VERDITE - Friendship, Partnerships, Nerves

VESUVIANITE - Intuition, Partnership, Dieting, Depression

VIOLAN - Insight, Vitality, Muscles, Genitals

WILLIAMSITE - Tranquillity, Candour, Lungs, Inflammations

WOLLASTONITE - Moderation, Grounding, Bones, Glands

WULFENITE - Relationships, Invigoration, Digestion

ZEOLITE - Independence, Clarity, Addictions, Toxins

ZINC - Joy, Loyalty, Muscles, Bones

ZIRCON - Clarity, Teaching, Insomnia, PMT. Helps restore a flagging libido.

ZOISITE - Attraction, Entertainment, Fingers, Fertility

ZODIAC CRYSTALS AND GEMSTONES



ARIES

Citrine, Agate, Aventurine, Bloodstone, Jade
Mar 21 - Apr 20

TAURUS

Jasper, Bloodstone, Carnelian, Jade, Satinspar
Apr 21 - May 21

GEMINI

Aventurine, Unakite, Agate, Citrine, Apatite
May 22 - June 21

CANCER

Chalcedony, Hematite, Sodalite, Moonstone, Carnelian
Jun 22 - Jul 22

LEO

Labradorite, Amazonite, Carnelian, Jasper, Bloodstone
Jul 23 - Aug 23

VIRGO

Amethyst, Jade, Amazonite, Carnelian, Jasper
Aug 24 - Sept 22

LIBRA

Moonstone, Chrysoprase, Amethyst, Bluelace Agate, Sodalite
Sept 23 - Oct 23

SCORPIO

Tigers Eye, Amethyst, Jasper, Unakite, Moonstone
Oct 24 - Nov 22

SAGITTARIUS

Sodalite, Obsidian, Smokey Quartz, Chalcedony, Aventurine
Nov 23 - Dec 21

CAPRICORN

Smokey Quartz, Opalite, Amethyst, Aragonite, Tigers Eye
Dec 22 - Jan 20

AQUARIUS

Rhodonite, Rhyolite, Garnet, Amethyst, Aventurine
Jan 21 - Feb 18

PISCES

Turquoise, Bluelace Agate, Calcite, Carnelian, Amethyst
Feb 19 - Mar 20

WEDDING ANNIVERSARY CRYSTALS AND GEMSTONES

You have to wait 12 years before anyone will be giving you a gemstone as an anniversary present!

Year 12 - Agate
Year 13 - Moonstone
Year 14 - Moss Agate
Year 15 - Rock Crystal
Year 16 - Topaz
Year 17 - Amethyst
Year 18 - Garnet
Year 23 - Sapphire
Year 26 - Star Sapphire
Year 30 - Pearl
Year 35 - Coral
Year 39 - Tiger's Eye
Year 40 - Ruby
Year 45 - Alexandrite

Year 52 - Star Ruby
Year 55 -Emerald
Year 60 - Yellow Diamond
Year 65 - Sapphire
Year 67 - Sapphire
Year 75 - White Diamond

CHAKRA STONES



CROWN (Sahasrara) White Consciousness
THIRD EYE (Ajna) Pure Mind
THROAT (Visuddi) Ether
HEART (Anahata) Air
SOLAR PLEXUS (Manipura) Fire
SACRAL (Svadisthana) Water
ROOT (Muladhara) Earth

The Chakras - meaning wheels in Sanskrit - each relate to different points & are associated with different colours, crystals & gemstones. There are seven primary Chakras, as shown in the above diagram. Place the relevant crystal or gemstone at the Chakra and meditate on that particular point of the body so as to restore or enhance the attributes related to that particular area.

The Crown Chakra is related to spirituality & enlightenment. It is usually used to help with spiritual problems. Colours associated with this Chakra are Clear, White & Purple. Suggested stones to use are Clear Quartz or Amethyst.

The Third Eye Chakra is related to intuition & generosity. It can help heal problems with sight, loneliness, dizziness & uncertainty. Colours associated with the Chakra are Violet, Indigo & Dark Blue. Suggested stones are Amethyst, Lapis Lazuli & Sodalite.

The Throat Chakra is related to communication & harmony. It can help with self expression and, of course, sore throats. Its associated colours are light green and light blue. Suggested stones are Amazonite & Bluelace Agate.

The Heart Chakra is related to love & compassion. It can help with feelings of anger and/or resentment. Its associated colour is green but pink is also sometimes used. Suggested stones are Aventurine and Rose Quartz.

The Solar Plexus Chakra is associated with confidence & self-esteem. Its attributes are for ego, intellect & digestion using the colour yellow. Suggested stones are Calcite & Yellow Jasper.

The Sacral Chakra, sometimes known as the Spleen Chakra, is associated to physical outlet & creativity. It is used to help healing regarding impotence, frigidity, restlessness, jealousy, guilt, bladder & kidneys. Its associated colour is orange and suggested stones are Carnelian & Citrine.

The Root Chakra, sometimes known as the Base Chakra, is realated to sex and stability. It can help with healing problems associated with constipation, fear & low back pain. Its associated colours are black & red and the suggested stones are Haematite, Jasper & Red Garnet.

Note: If you suffer from any ailment it is recommended that you see your doctor.

CRYSTAL AND GEMSTONE POWER

Why do Crystals & Gemstones have power? There are many theories but one of the most popular is that all crystals have

the capacity to absorb energies, emotions & knowledge. The variety in their composition means that each type absorbs different powers & these powers are then naturally imparted to the user or wearer.

How do you use Crystals & Gemstones? Firstly it is very important to cleanse your newly acquired crystal or gemstone even if you found it. This is basically to remove any influences from anyone else who has handled the stone. There is no right or wrong way to cleanse your stone & its best to experiment with different methods until you find one that is right for you.

To cleanse your stones wash each stone separately. If you plan to leave them to soak then use a separate container of water for each stone & please be sure to use clean water for each stone. This may seem obvious to some but you'd be surprised how many people acquire several stones at once & just put them all to soak together in a single container. It's also important to use a natural container not one made of plastic!

You may then wish to recharge your stone and this involves using the power of the earth, sun & moon. I rinse my stones under running tap water then bury them in some earth, (a plant pot will do) for at least a day, so that they may receive earth energies. I then soak them overnight in tap water with a sprinkle of sea salt followed by placing them outside in sunlight so that they may get re-charged or re-energised by the sun. EVERY full moon I place my stones outside so that they may also receive energy from the moon. Obviously, if I've acquired a new stone & the next full moon is a long way off, they don't get placed outside for moon energies immediately.

It is then important to personalise your stone & get to know it. Take the time to hold each stone and feel it with your hands

so that you may become attuned with it.

Should you share your Crystals & Gemstones? Many people do not allow anyone else to touch or handle their stones and I too have some some "special" stones that only I touch. However, I have a large wooden bowl on my coffee table and it always attracts attention from visitors who are often drawn to picking up a stone and rolling it in their hand, like a stress ball. I don't have a problem with this as I like to think that they may "need" something form whatever stone they've chosen.

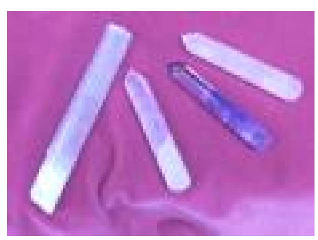
Should you share your Crystals & Gemstones? Many people do not allow anyone else to touch or handle their stones and I too have some "special" stones that only I touch. However, I have a large wooden bowl on my coffee table and it always attracts attention from visitors who are often drawn to picking up a stone and rolling it in their hand, like a stress ball. I don't have a problem with this as I like to think that they may "need" something form whatever stone they've subconsciously chosen. My children are also constantly "playing" with my stones and sometimes ask to take a certain stone to bed with them. This is why I periodically repeat the cleansing process and recharge my stones. Having said that, it is important that you treat your stones with respect, care and consideration.

Tumblestones and smaller pieces are great for carrying with you each day or make excellent gifts for friends and loved ones. I have a selection of stones that I change and carry according to my feelings or requirements on a particular day. I also have several pieces of jewellery containing different stones and again change these to suit my needs. For example I may wear a particular stone, or have one close by, whilst writing my E-Books but if I'm planning a romantic evening with my husband then I'll be sure to change the stones later in

the evening.

There are numerous ways to use your stones - You can place them under your pillow or on a bedside cabinet so you can absorb their influences whilst you sleep. If you have an ailing plant place some crystals around it or soak a stone in water overnight and use it to water the plant the following day. Talk to your stones, carry them with you, get to know them and feel their energies working for you and then use them however you feel is most appropriate.

Crystal Wands can be used to recharge your whole body. Hold one in your transmitting hand (left if you're left handed or right if you're right handed) with the point pointing towards your fingers. Take the second wand and hold it in your receiving hand with the point facing towards your wrist. You now have a complete circuit and after a short while you should feel a flow of energy passing through your body. You can also use a pair of male & female stones in the same way.



Healing with stones is something that's been going on for centuries although there is now an increasing interest in Crystal healing. Most healers have their own methods and techniques, which they have developed over a period of time to suit them. I stress again, there is no right or wrong way to use crystals and over time you will develop your own rituals for cleansing and using your crystals.

I also stress again that crystal & gemstone healing cannot

replace medical treatment and you should always consult a doctor. Crystal & gemstone treatment is a complimentary therapy and should be used as such - complimentary to any other medical treatment you may require.

Diagnosis can be achieved by holding a wand or point in your receiving hand and moving it slowly over the body. With time you will learn to sense an area that needs healing. There is no need to remove your clothes and most healers will not ask you to remove them. If a healer does ask you to remove your clothes then please bear in mind whether you are comfortable with this as it is in no way necessary but some prefer it.

Treatments are numerous and again vary from healer to healer. Some will choose a set of crystals for you to carry with you day & night, others may use a wand or point. In this case the wand is held lightly, as for diagnosing, but usually in the transmitting hand and pointing towards the area to be healed. However, if something needs to be "brought out" from the area the wand will be held pointing away.

Another, fairly common, method is to surround the affected area with appropriate crystals. If the crystals are pointed they will generally be placed with the point towards the area requiring healing for at least 10 minutes.

Chakra healing is also a method used by some healers.

Choosing your Crystal or Gemstone - Actually, they'll probably choose you. They pop into your life in mysterious & magical ways. They'll "speak" to you and sparkle like crazy. Crystals respond to thought & feelings so take your time in looking at them and just see if any "jump out" at you.

Just look, don't touch and see if you're repeatedly drawn back to looking at the same one. Try not to let logic decide for you - biggest isn't always best! Let your intuition guide you & trust that feeling.

What about the facets? Well 1 is the number of beginning, initiating, inspiration, ideas & confidence so a Cabochon would be ideal.

2 symbolises mothering & caring. 2 crystals joined represent partnership & sharing.

3 is for communication, expression & creativity. The holy trinity.

4 = mind, body, spirit & feeling.

5 is for freedom & curiosity.

6 = balance & harmony.

7 is for the mystic and seeker of truth.

8 = Power

9 is for helping to learn the lessons of life.

10 represents the whole - it contains the 1 of I am and the circle of completion.

11 A master number that emphasises the meaning of two 1s but also 1+1=2 which symbolises an ability to care for others.

12 completes a cycle - 12 signs of the zodiac, 12 hours of day and night.

13 is the number of divination.

Crystals will create harmony wherever they are. For instance, if you have a child that can't sleep at night or wakes from nightmares then try placing a crystal under their bed. Children are very receptive to crystals and their power and mine often pick one up and rub it over their tummy or head if hurting - they even instinctively use a clockwise movement.

If someone is sick try placing a crystal in the room with them.

Try placing crystals around your garden plants or in potted plants & see how much more beautiful & bright they bloom & grow. To specifically energise a garden try placing a crystal in each corner and another in the centre. This creates a type of energy similar to pyramid energy.

After you've recharged your crystal in water try pouring it over your houseplants or even give it to your pets to drink. Try putting a bowl of uncharged water out for your dog and one that is charged - after time the dog will "choose" to drink the charged water.

To meditate with crystals try holding it in your left hand. Each time you use the crystal it will store the information form the previous meditations and will help your mind more quickly achieve the meditative state.

Crystals are tools to work with & help to create a harmonious environment but they can only assist and amplify what we can do with our minds, energies & willpower.

Crystals are an integral part of the Earth & the Earth and its inhabitants are crying out for love & attention. I believe the

heart Chakra of the Earth is now opening and it is time to listen with our hearts rather than our heads. A time to trust and understand our feelings and intuition rather than logic. Crystals can help us reach this new point of balance. They are here to wake us up & remind us of whom we really are.

We are only just beginning to rediscover the power of crystals & gemstones. They will talk to you if you listen.

QUICK REFERENCE AREA

FOR COMMON ISSUES

Anxiety - Charoite, Amazonite, Celestite, Lepidolite, Verdite, Goethite, Alexandrite

Arguments - Labradorite

Attraction - Zoisite, Opal

Back Problems - Unakite, Soapstone

Breathing - Larimar, Turquoise

Circulation - Ruby, Lodestone, Agate

Confidence - Tourmaline, Gold, Sodalite

Digestion - Obsidian, Jasper

Eyes - Lapis Lazuli, Jade, Haematite

General Healing - Peridot, Tourmailine, Clear, Quartz, Calcite, Fluorite

Good Fortune - Angelite, Ruby, Tourmaline

Prosperity - Diamond, Emerald, Jade, Malachite

Protection - Angelite, Aquamarine

PMT - Moonstone

Recovery - Silver, Turquoise, Malachite

Travel - Jade

HISTORY OF

CRYSTALS AND GEMSTONES

Since the beginning of time, crystals, gemstones, rocks & mountains have played a vital role. Many have been found in ancient ruins & Pharaoh Tombs & it is said that the lost city of Atlantis used crystal power the same way we use electricity today. Hindu Puranas describe Krishna as living in a city furnished with rubies, emeralds, sapphires & diamonds. Many cultures believed that stones had a life giving force & this eventually led to them being used for healing.

Stones have also played a key roll in various religions. Islam

says that the stones spoke to Mohammed and informed him that he was to receive the Quran from Allah. One of the five pillars of Islam says that every Muslim should try to visit Mecca and the Kaaba which is a huge black stone.

Moses received the Ten Commandments on tablets of stone which are believed to have been sapphires. In the book of Revelations describes Jerusalem as "the foundations of the wall of the city were garnished with all manner of precious stones. The first foundation was jasper, the second sapphire, the third chalcedony, the fourth an emerald, the fifth sardonyx, the sixth sardius, the seventh chrysolite, the eight beryl, the ninth topaz, the tenth chrysoprase, the eleventh a jacynth and the twelfth an emethyst."

The Egyptians engraved an eye on lapis lazuli as it symbolised Ra, the Sun God.

The Babylonians & Norseman engraved magical symbols on to stones & used them as Rune oracles - something which is still used today as a means of divination.

One of the prayers taught to Bulgarians is "The Disciple" must have a heart as pure as a crystal. A mind as bright as the sun. A soul as vast as the Universe and a spirit as powerful as God and one with God.

Ancient priests believed crystals to be a God given force that defied all evil.

Aboriginals still use crystals for medicine and value the Rainbow crystals in particular as these hold the energies of the Rainbow Serpent & the Rainbow symbolises the bridge between the two worlds They also believe that a crystal that

finds its way to you, that you haven't bought, has been growing itself since the beginning of time especially for you and should therefore be especially valued.

Cherokee Indians consider crystal to be the most sacred & precious stone for healing purposes. They also still revere their crystal skulls which were also used by the Mayans, Aztecs, Egyptians, Tibetans, etc. They were placed on altars and the word of God was believed to be spoken by them. Many psychics consider these ancient crystal skulls as memory banks of information, much like we store information on computers today.

Precious gemstones & crystals have always exercised a magical influence over humanity including Kings & Queens, Smugglers, etc. - all have been lured & seduced by the beauty of gemstones!

INTERESTING FACTS OF CRYSTALS AND GEMSTONES

We often use the names of gemstones to describe certain attributes such as pearly teeth, ruby lips, clear as crystal, etc.

The largest diamond ever discovered is part of the British Crown Jewels - the Cullinan diamond.

Greed has often led man to risk everything for the sake of a jewel.

The most ancient jewellery was found in Queen Pu-Abi's tomb at Ur in Sumeria and dates from the third millenium BC.

The Egyptians believed that an emerald would break if a marital infidelity occurred. They also ground malachite to wear as eyeshadow.

Julius Caesar was said to have been an avid collector of gemstones.

To drink from an amethyst encrusted goblet was believed to protect against drunkenness.

The Ming dynasty favoured semi-precious stones such as amethyst, agate, quartz and jade. White jade was the stone of divinity and symbolized heaven.

In the middle ages a ruby ring worn on the left hand was thought to protect its owner from seduction.

The Maoris handed down the jade tiki as it was believed to contain the wisdom of the ancestors.

Diamonds were used to cut stone as early as 4000BC.

Crystals are believed to be the connecting force between heaven & earth. Often used for scrying or crystal ball gazing to tell the future.

Remember, shapes & symbols of jewellery can affect you as well as the particular crystal or gemstone it's carrying. Look at the symbols you wear and decide whether they are helpful and if not give them away! You may also find it beneficial to wear clothes of a certain colour, to match, the crystal or gemstone

you're wearing as colour also plays a vital role in healing - but that's another book!

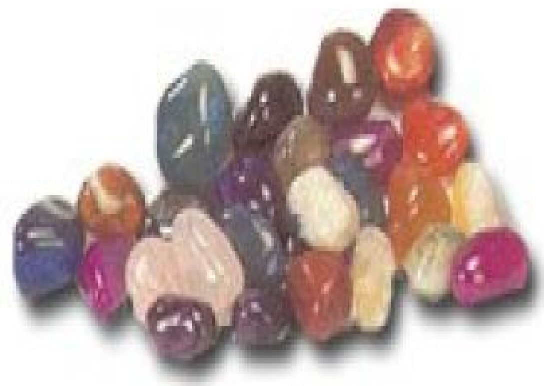
Hopefully you're now inspired to learn more about Crystals & Gemstones and to start using them in your everyday life.

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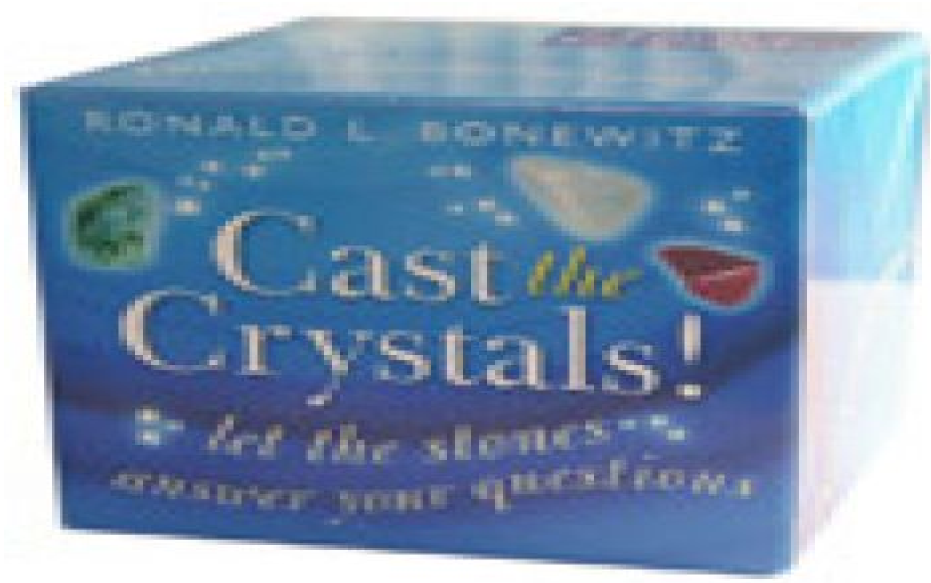
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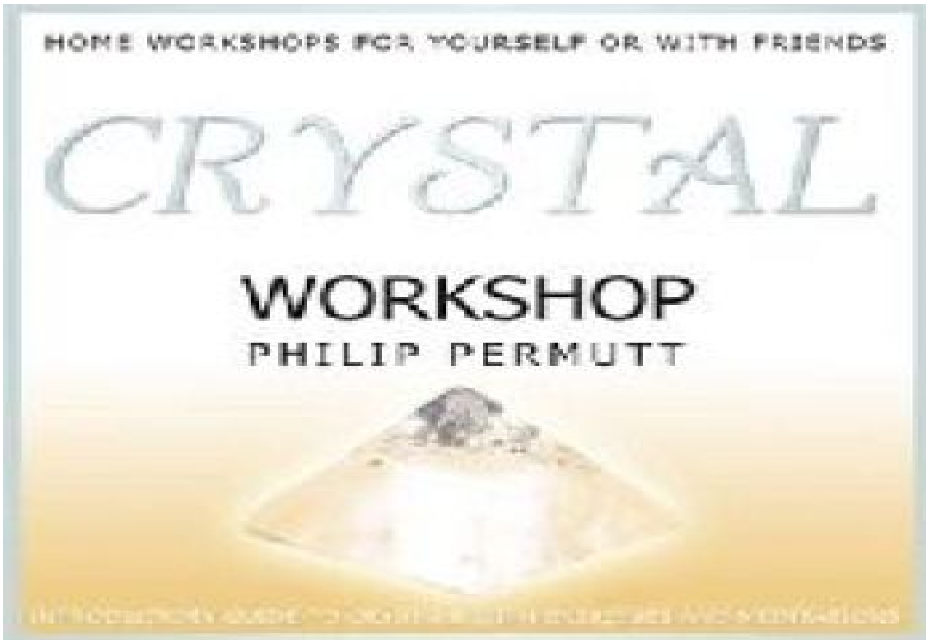
A 0.5 kg bag of mixed tumblestones. Includes Smokey Quartz, Snowflake Obsidian, Blue Tiger Eye, Clear quartz, Moonstone, Dalmation Jasper, Sodalite, Carnelian, Amazonite, Yellow Jade, Turquoise, Bloodstone, Citrine, Adventurine, Howlite, Labradorite, Red Jasper, Tiger Eye, Hematite, Fluorite, Amethyst and more. Stone sizes vary from 15mm - 40mm.



This so-simple oracle draws on the remarkable powers of crystals. Crystals are not only attractive to look at - they can also tell you what your future holds as each has a character of its own. The book offers help whether it be for solving problems, asking specific questions or gaining insight into your current situation and explains how green moss agate, white aventurine and red jasper have particular values that will guide you. The double-sided casting board allows many interpretations. Box contains 3 casting crystals, double-sided casting board and a 160-page book of instructions and interpretations.

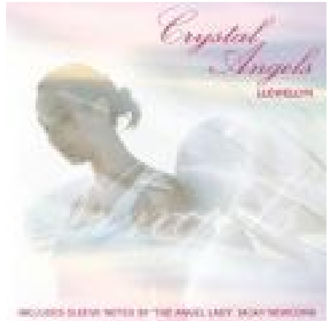


With over 10 years of teaching experience, top U.K crystal expert Philip Permut guides and takes us through the world of crystals. This special introductory workshop CD reveals how to cleanse and programme crystals, and includes simple exercises, visualisations and guided meditations that will help enhance our natural healing abilities with crystals. Music by LLEWELLN.



From the composer of 'Reiki Gold', comes the long awaited album from one of the best loved producers of angel music.Crystal Angels is deeply relaxing celestial music and perfect for many other therapies including reiki, crystal healing, massage, aromatherapy, meditation, and yoga.
Working closely with 'The Angel Lady' Jacky Newcomb, Llewellyn takes us on a musical journey with the Archangel Michael, Archangel Gabriel, Archangel Ariel and Archangel Raphael.

Includes detailed sleeve notes by Jacky Newcomb on how to work with specific healing crystals to help you blend with the energy of each of the four Archangels.



Angel Star Pewter Brooch/Pin - 65h x 45w

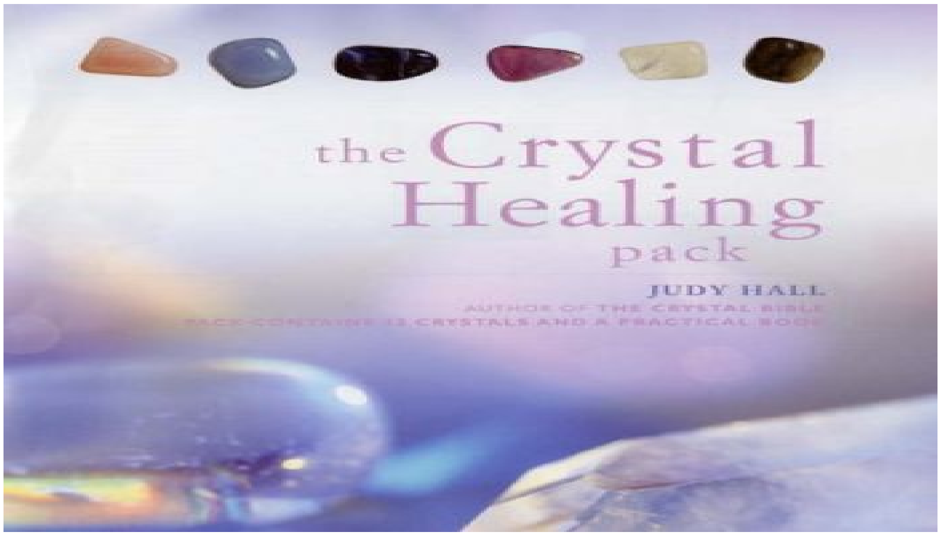


This complete pack has everything you need to use crystals as a practical means of self-healing and a key to opening your higher awareness. The pack includes a paperback book and 12 specially selected, high quality polished crystals. Seven of the crystals are attuned to the seven chakras, the body's energy centers. These stones are used for cleansing, energizing, and activating the chakras. The other five are 'master healer' stones that can be used singly or

in combination to relieve stress, promote relaxation, balance the emotions, clear negative energies in your environment, and heal and invigorate your body, mind, and spirit.

The paperback book includes complete instructions for using crystals as healing aids and a comprehensive directory covering the properties of the crystals in the pack and their specific uses.

The book is illustrated with colour photographs and useful charts, diagrams, and grids.



A stunning new range of exclusive wall-hanging clocks. I know clocks aren't exactly to do with crystals but all clocks are fitted with genuine Quartz movements and they are so stunning and beautiful I just had to include them.

Each clock has a pine colour wood frame with gold numerals and hands. Each is presented in it's own box with a clear acetate lid for easy display.

A truly delightful combination of both clock and picture.

Size 48 x 37 cms Requires 1 x AA Battery.

When ordering, please specify which clock you would prefer.



Autumn Splendor



Child of the Moon



La Bella Luna



Turquoise Seas



Wolf Maiden

FANTASTIC LINKS

I personally use all of the Subliminal Software, the Hypnosis downloads and The Absolute Secret. There's also links for free downloads including the Sedona Method DVD.

FURTHER RECOMMENDED READING



[Crystal Healing for Pleasure or Profit]

[Simple Reiki for Self Healing]

[Understanding Your Chakras]

Whether you purchased this book, found it, or it was given to you as a gift, I'm sure it's found its way to you now because you actually need the information.

I hope you'll use it as a reference when deciding to purchase stones or use them for healing. The information here is by no means exhaustive & may even vary from other information that you've read & that's simply because crystal & gemstone uses & properties are very unique & personal. If you find something different, to what is written here, and it works better for you then use it - there are no rules.

Thank you for reading this E-Book. Please visit My Webstore for some amazing bargains on crystals, gemstones and many other items. As previously mentioned, I usually have a complete package of Tumblestones to get you started using your new Crystal & Gemstone knowledge.

Please share this ebook with your friends and resell it or give it away to as many people as possible - Let's tell the world about Crystals and Gemstones.

Warmest Wishes and Brightest Blessings

JUGGLINGMUM

DISCLAIMER:-

The contents of this document are believed to be correct at the time of writing.

Remember -- If you are ill then get a professional medical opinion as Crystals & Gemstones work as a Complimentary Therapy.
